

2012 Diabetes Wellness Classes

Gritman Medical Center

First floor conference room
always the first Tuesday
always 4:00-5:00 pm
no cost to attend



Mark your calendars !

January 3 Fit and Fall Proof Odette Engan, B.S.	July 3 Begin With Breakfast The Diabetes Care Team
February 7 Healthy Hearts The Diabetes Care Team	August 7 Value Your Vision David Leach, MD
March 6 Maintaining Motivation in the Diabetes Journey Courtney Sams	September 4 Dining Out The Diabetes Care Team
April 3 Managing Diabetes During Illness Wayne Ruby, MD	October 2 The Land of Nod (and how to get there) John Grauke, MD
May 1 But What Does It Mean? Interpreting Lab Results Greg Nordin, DLM(ASCP)	November 6 Annual Holiday Cooking Class
June 5 Feet First Brad Capawana, MD	December 4 Celebrate 2012. . . let's have a party!